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JANUARY 19-31, 2014



Ziggy Wins the Grammy

Ziggy Marley won the Reggae Grammy in ceremonies conducted before the live telecast of the 56th Annual Grammy Awards held on Sunday (January 26), at the Staples Center in Los Angeles.

Marley eclipsed Sizzla (The Messiah), Beres Hammond (One Love, One Life), Snoop Lion (Reincarnated) and Sly and Robbie and the Jam Masters (Reggae Connection) for the Reggae Grammy. It's his fifth Grammy since the award was first instituted in 1985. Ziggy Marley in Concert is Marley's second solo album to win a Grammy in addition to three he won as the front man of his band, Ziggy Marley and The Melody Makers.

Prior to the ceremony Marley told CBS News, he was surprised that his "Ziggy Marley in Concert" received a

nomination: "It was unexpected. I wasn't thinking about it. I was surprised. It's cool," he told CBS News about the nomination for his live album. "We were on tour for a while -- and said, 'Let's do some recording.' I liked the way it sounded. We put it out quietly and simply. And now we have a Grammy nomination, so that's good."

RAPING TWO TEENAGE GIRLS

Pastor Pleads Guilty to Rape

Street Hype Writer

After several months of denial, Bronx-based pastor of the Harvest Worship Center International Church, Rev. Michael Clare, 41 pleaded guilty to raping two teenage girls, one of whom belonged to his former congregation. The second victim attended the church-affiliated school, in which the defendant had served as the principal.

Bronx District Attorney Robert T. Johnson announced on Wednesday (January 15) that Clare pled guilty to two counts of rape in the 2nd degree before State Supreme Court Justice Margaret Clancy, who set the sentencing for Friday, January 30, 2014.

Under the terms of the plea agreement, the pastor is sentenced to concurrent terms of five years imprisonment, waive his right to appeal, will register as a sex offender and faces deportation to Jamaica.

Clare admitted to engaging in sexual intercourse with the first victim, a 13-year-old member of his congregation on March 9, 2007. The incident occurred at Clare's residence at the time at 325 Quincy Avenue. He also admitted to having sexual intercourse at the Quincy Avenue home with a 14-year-old girl, sometime between September 8 and September 30, 2009.

Bronx District Attorney Johnson explained that the wishes of both victims and the fact that Clare is facing deportation were taken into consideration when negotiating the plea agreement. Clare, who is not a citizen of the United States, will be facing deportation to Jamaica and has been in the custody of federal immigration authorities since August 2012.

Clare was first arrested in June 2010 for allegedly repeatedly having sex with a differ-



REV. MICHAEL CLARE, 41
Pastor, Harvest Worship
Center International Church.
To be sentenced on January 30,
2014 to concurrent terms of five
years imprisonment. Waived his
right to appeal, will register as
a sex offender and faces
deportation to Jamaica.

ent girl from his congregation, starting when she was 12, prosecutors said. The girl became pregnant, and DNA evidence implicated Clare, prosecutors said. He was indicted for raping her in January 2011.

The "man of God" once used social media to promote himself as a "man of great integrity" who is "a paragon, a model of excellence and ideal example of living and preaching the Gospel of Christ."

Clare's lawyer Paul Brenner could not be reached for comments. However, in June 2010, Brenner claimed that the two teen girls, who are reportedly friends, are working together to smear his client. "I believe it's a made-up, trumped-up witch hunt," Brenner said. "When all the facts are known, the reverend will be exonerated."

Clare accepted the plea to avoid a possible sentence of up to 25 years in state prison, if convicted of the two rape charges.

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Editorial

Time to clean up the church!



We would agree that African Americans, especially the Caribbean and Jamaican nationals, in our communities are very spiritual and committed to their Christian beliefs.

It is often said that our communities are perhaps the homes for more churches and other religious centers per bloc than any other areas that are dominated by other nationals.

Every other man, and sometimes women, who can read the holy Bible and deliver a convincing sermon are forming their own "little church" and are benefiting from hefty contributions in the offering plates.

In most states, churches fall under a special non-profit category of Business Corporation that enjoys both city and states tax reimbursement benefits. In addition, people just have a very soft spot for the church and other religious practices.

The poorest among us will give their last dollars to the church, as they search for more blessings.

In fact, the Bible teaches that the more you give, the more you will receive.

It is very ironic to learn that the majority of our church population could be classified as living below the federal poverty level, yet they are able to donate generously to the coffers of their pastors and other leaders.

We are not here to deliver judgment on the operations of the churches. However, it is becoming too frequent that their leaders are pleading guilty to a wider range of criminal and immoral activities.

And the whisperings are getting loud about the inappropriate behavior of some pastors, yet the congregation ignores the "sins" and protects the sinners.

A case in point is the Bronx pastor of the Harvest Worship Center International Church, Michael Clare, who last week pleaded guilty to raping two teenage girls, one of whom belonged to his congregation.

The second victim attended the church-affiliated school, in which the defendant had served as the principal.

According to Bronx District Attorney Robert T. Johnson Clare's disgraceful acts among the "young girls" were known, but his actions were ignored by the church elders, as the pastor was viewed as very nice man, and he takes care of his people.

Clare's despicable behavior only came to light when the Bronx District Attorney got the story, after one of the teenagers was forced to have a legal abortion.

The worshipers and the community put their trust and confidence in Clare to provide moral and emotional support, and he betrayed his own people and abused the children in the process.

Nevertheless, we cannot give up on the church because of people like Michael Clare, who paraded like a wolf in sheep's clothing.

The church elders must put in place measures to identify and throw out the "fakers," who are using the church to enrich themselves and to prey on innocent victims, especially women and children.

Time to clean up the church!

The opinions expressed in this newspaper, except for the above, do not necessarily reflect the views of Street Hype Newspaper and its publishers. Please send your comments and or suggestions to editor@streethypenewspaper.com. Responses should be no longer than 400 words. Not all articles will be published

people are talking...!

Using Passion to Build Trust

Individuals are more likely to trust someone who has the same values. When discussing your passions with others, your values become apparent.

Your passion for a topic can demonstrate values—such as benevolence or respect for tradition—that others may respect and share.

When others become aware of your values, they believe that you will act in accordance with the values. Your behaviors are more predictable, and your motivations are more transparent.

As a result, communicating your values helps to build trust because followers assume that the goals of the leader are in-line with the leader's values.

Your passion for something also implicitly communicates sincerity and authenticity.

It is difficult to feign passion because it is an emotion that often involuntarily expresses itself through enthusiasm and commitment.



From this perspective, the passion you demonstrate leads others to be certain that you genuinely believe the goal you are trying to achieve is beneficial.



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Others are more likely to trust that you will remain dedicated to achieving the goal. If others trust you, you can more easily influence people.

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NEWS

Mount Vernon Warming Center Open

Mount Vernon:

Even though most of the nation has been feeling the freeze for the past week and the cold weather seems like it just won't go away, meteorologists are predicting that unseasonably colder temperatures will continue blanket our area at least until the end of next week.

The City of Mount Vernon will open a warming center at the Mount Vernon Armory beginning Friday evening, January 24, 2014. The center will be open from 8pm until 7am during this current period of frigid weather. The center will additionally add hours this weekend only and will remain open Sunday during the day.

**ERNEST D. DAVIS
MAYOR**

·Block drafts by closing off rooms not in use and put something like a rolled towel or blanket at the bottom of outside doors
·Wear several layers of loose, warm clothing
·Keep your head, hands and feet covered when outdoors

·Wear long underwear, sweaters and caps when indoors and don't forget to cover your head when going to bed

·Avoid alcoholic beverages
·Recognize the symptoms of hypothermia: stiff muscles, shivering, puffy or swollen face, cold skin, slow breathing and mental confusion

The Mount Vernon Buildings and Fire Department has also

temperatures and the number of people who have made complaints about lack of heat requires us to make a warm place available for people to get some relief," said Mayor Ernest D. Davis. "Unfortunately our facility does not have shower accommodations but it is warm and safe."

Mount Vernon is encouraging any individual who has been without heat to spend the evening in the warming center.

KEEPING WARM AT HOME

If you are staying in homes without heat, protect yourself and family:

·Heat your home during the day by opening your blinds to get warmth from the sun and close curtains at night to provide additional insulation from the cold

issued these warnings:

·DO NOT leave ovens on while sleeping. Carbon monoxide is a silent killer. It cannot be smelled or tasted. Make sure to install carbon monoxide and smoke detectors.

Only use electric heaters with the Underwriters Laboratory (UL) tag that have automatic shutoff capability.

When using heaters keep clear by 3 feet of blankets, paper and other potentially flammable or combustible materials.

Try not to use heaters with extension cords. Plug them directly into a wall outlet. For additional information contact Shari Harris at 914-665-2572.

Street Hype publisher Patrick Maitland (l) and Brooklyn Borough president Eric L. Adams pose with a copy of the newspaper at the 28th celebration of Dr. Martin Luther King, Jr. Day held on January 20 at the Thomas Jefferson High School, Brooklyn. The celebration was sponsored by Street Hype.

Bronx/Yonkers Bank Fraudsters Pled Guilty

BRONX:

A 32-year-old Bronx man and a 23-year-old Yonkers man are facing respective terms of up to thirteen years imprisonment and nine years imprisonment for their roles in identity theft rings that cost several banks total losses of more than one and a half million dollars.

Shawn Fagan, a/k/a "S", a co-director of one identity theft ring, pled guilty to one count of Enterprise Corruption, a Class B felony offense. Markese Jones, a/k/a "Kese", pleaded guilty to two counts of Enterprise Corruption, a Class B felony, and two counts of Criminal Possession of a Forged Instrument in the second degree, a Class D felony.

Jones assisted in making forged documents and recruiting people for both identity theft rings uncovered by investigators. The guilty pleas by Fagan and Jones were entered before Acting State Supreme Court Justice Martin Marcus who set sentencing for Fagan on January 16, 2014, and for Jones on January 30, 2014.

Under the terms of the plea agreements Judge Marcus will sentence Fagan, of 1011 Washington Avenue, the Bronx, to 6 ½ to 13 years imprisonment and Jones, of 159 Saratoga Avenue, Yonkers, to 3 to 9 years imprisonment.

The convictions were the result of a long-term investigation started by the Office of the Bronx District Attorney and later expanded to include the U.S. Secret Service and the U.S. Postal Service. The investigation was launched after customers with J.P. Morgan/Chase complained that funds had been withdrawn from their accounts.

While working with investigators from J.P. Morgan/Chase it was discovered that customers from as far away as Louisiana and Florida had been victimized. During the course of the investigation eavesdropping warrants were obtained to further the investigation. Investigators also logged hundreds of hours of physical surveillance of these two defendants and other alleged members of the two identity theft rings.

Mother and Daughter Killed in Queens

A 56-year-old woman and her 25-year-old daughter were found beaten to death in a Queens house early Wednesday, and law enforcement sources tell NBC 4 New York a hammer may have been used to kill them.

The women were found inside a house on 87th Street in East Elmhurst around 12:15 a.m., police say. Both had apparent blunt force trauma and a hammer was recovered at

the scene, the sources said.

Autopsies will be performed to determine how the women died. Both women were pronounced dead at the scene. It is not clear who found the bodies or who called 911. A 44-year-old man was taken into custody and charges are pending against him, police said. The specific nature of those charges wasn't immediately clear.

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NEWS

Co-Op City Asks Judge To Toss Violations Suit

The owners and operators of Co-Op City, a housing cooperative in the Bronx that includes 35 buildings and seven townhouse clusters, asked a New York federal judge on Monday to toss a suit claiming they improperly penalized hourly employees by configuring time clocks to round down and failed to pay them for all hours worked. The plaintiffs, a group of current and former hourly paid employees of property manager Riverbay Corp., filed an amended complaint in December, adding the company's director of finance, Peter Merola.

Arrest warrant for Bronx Landlord

Residents living inside 1585 East 172nd Street in Bronx River say serious problems with their apartments need to be fixed.

Among them, broken walls, dead and live rodents, and plenty of mildew and mold.

"Management that is supposed to take care of this and they don't take care of it. They say they are going to send somebody and that is all that you get," said Tenants Association President Martha Castro.

Tenants say for the last year they have been battling with Hunter Property Management -- the company which runs the building -- to fix sinking floors, broken windows and leaky pipes. Both the tenants and the city have taken Hunter's owner, Sam Suzuki, to court to make the repairs. A housing judge recently issued an arrest warrant for Suzuki because he hasn't come to court to address issues at the property.

Black & Latino Communities Face Lending Inequities

Banks Continue to Deny Fair Access to Conventional Mortgages in Black & Latino Communities. Mortgage lenders made markedly fewer conventional home mortgage loans in communities of color than in predominately white neighborhoods in New York City, according to a series of GIS maps published on January 29.

The maps show unequal lending patterns based on the racial composition of communities in New York City, controlling for the number of owner-occupied units in each neighborhood. New Yorkers who live in predominantly white neighborhoods on average receive twice as many conventional home purchase loans as New Yorkers who live in predominantly black or Latino neighborhoods, for every 100 owner-occupied housing units in the neighborhood.

"The maps show that banks continue to redline communities of color across New



Monica M. Garcia
Community Education Coordinator
New Economy Project

York City," said Monica M. Garcia, Community Education Coordinator at New Economy Project, which produced the maps. "For decades, banks have excluded neighborhoods of color from fair access to mortgage financing, allowing predatory lenders

to flourish right up to the financial crisis. Now it's déjà vu all over again, with banks failing adequately to provide conventional mortgages to people in predominantly black and Latino neighborhoods."

"The maps highlight the profound and continued need for strong government action against banks that violate fair housing and fair lending laws," said Sarah Ludwig, Co-Director of New Economy Project.

The series includes a map of New York City and borough-level maps of Brooklyn, Queens and Bronx. To produce the maps, New Economy Project analyzed home mortgage lending data for 2012, the most recent year for which the data are publicly available. New Economy Project received partial funding to produce the maps from the U.S. Department of Housing and Urban Development's Fair Housing Initiatives Program.

Don't Cut the SNAP Program

The Federation of Protestant Welfare Agencies is disappointed to learn that on Monday the House and Senate Agricultural Committees announced a bipartisan agreement on the Farm Bill that will result in \$800 million per year cut in funding for the Supplemental Nutrition Assistance (or SNAP) Program.

This will result in nearly \$8 billion dollars of necessary funding lost over the next 10 years.

Nearly 1.9 million New York City residents, half of whom are children, rely on SNAP benefits to meet their basic nutritional needs. These deep funding cuts will have a devastating effect on low-income New York City families, many of whom are already struggling to put food on the table. New York City's food safety net already struggles to keep up with demand resulting from previous SNAP funding cuts, with 48 percent of food pantries and soup kitchens reporting having

run out of food as a result of funding cuts this past November. FPWA urges Congress to rethink this compromise and consider the damage these cuts will have on an already unstable emergency food system.

The Federation of Protestant Welfare Agencies is a membership organization with a network of human service organizations and churches that operate over 1,200 programs throughout the New York City metro area.



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Cuba Wants Regional Integration free of the US

HAVANA (AP) -- Cuban President Raul Castro called on Latin American and Caribbean leaders Tuesday to work together on pressing regional problems at a gathering of all Western Hemisphere nations except the US and Canada.

In his keynote speech as host for the summit of the Community of Latin American and Caribbean States, or CELAC for its initials in Spanish, Castro argued that the bloc should aspire to unity despite diversity, describing it as "the legitimate representative of the interests of Latin America and the Caribbean."

"We should establish a new regional and international cooperation paradigm," Castro said. "In the context of CELAC, we have the possibility to create a model of our

own making, adapted to our realities, based on the principles of mutual benefit."

The summit's main theme is fighting poverty, inequality and hunger. According to the UN's Economic Commission for Latin America and the Caribbean, 28 per cent of the region's inhabitants live in poverty and 11 per cent in extreme poverty.

Tuesday's session of heads of CELAC states began with one minute of silence to remember the late Venezuelan President Hugo Chavez, who succumbed to cancer last March.

Chavez, an outspoken US foe, was a

driving force behind CELAC's creation in 2011. It was conceived as an alternative to the Washington-based Organisation of American States, which suspended Cuba's membership in 1962 shortly after Fidel Castro's revolution.

Proponents argued the OAS has historically served Washington's interests rather than those of the region, and even Latin American allies of the United States have participated enthusiastically in CELAC.

OAS Secretary-General Jose Miguel Insulza attended the summit Tuesday as an observer, believed to be the first visit by a secretary-general to Cuba since its founding in 1948.

"The integration of Latin America is a strategic project. ... CELAC does not

impede bilateral relations within and outside of the region. On the contrary, it strengthens them," Brazilian President Dilma Rousseff said in an evening address.

In his wide-ranging speech, Castro touched on the risk that global climate change poses to the region, especially low-lying Caribbean islands. He expressed solidarity for Argentina's claim to the British-controlled Falkland Islands, known in Spanish as the Malvinas; for Puerto Rican independence; and for Ecuador in its legal battle with US oil company Chevron.



INTERACTIVE LEARNING SYSTEM: Jamaican Education Minister Ronald Thwaites presents DC Digital Operations manager, Dessi Yetman (1st l) a signed copy of a letter supporting the National Interactive Teaching System (NITS) an interactive learning system for Jamaican students in Kingston recently. The Ministry's Permanent Secretary Elaine Foster-Allen looks on.

Interactive Learning System Jamaican

Kingston, Jamaica WI:

Jamaican education is set to benefit from National Interactive Teaching System (NITS), an interactive learning system being developed by DC Digital in association with Love TV and the Jamaica's Ministry of Education.

DC Digital's CEO, David Cassanova

explained that the system is a first for Jamaica and is designed to benefit several thousand students across the island. "Any person registered with this program and who has a television set can access the information. The initial focus is mathematics and English, however, all the other subjects will eventually be taught through this new technology," he noted.

The Ministry of Education will provide DC Digital with the syllabus/content for each subject. "Some of the best teachers in Jamaica have been sought to teach these classes, so every child in Jamaica can benefit from the best tutoring," Cassanova said.

Children can now sit at home and follow their syllabus on Love TV, Jamaica's premier family station. They will even be able to ask questions immediately by sending a text via our SMS Gateway to the number they submitted on registering, with this program. Their name will appear on the screen so that the teacher will be able to identify the source of the question and respond.

Jamaican Education Minister Ronald Thwaites lauded the initiatives and pledged the ministry's support for a successful implementation of the system.

The NITS is set to commence in the second quarter of 2014.

DC Digital provides digital integrated data services. DC's core business is digital transmission. This is done through an island-wide digital network, which produces a digital cloud wherein digital signals are routed via the company's headquarters in Kingston, Jamaica WI.

More Barbadian youths being treated for drug, alcohol use

According to a report from Barbados Today, the number of young Barbadians coming forward for treatment for their drug and alcohol use appears to be on the increase.

Quoting drug treatment and drug prevention officials, the story highlights concerns about "new trends they noticed in 2013, including more parents supporting their children drug habits and more people becoming dependent on a number of legal

trend emerging where individuals are turning to homemade drugs made from ingredients that are readily available and legally obtained. This trend is catching on in Barbados".

One of those drugs cited in the report is the Krokodil or Desmorphine, a derivative from morphine. The high associated with this homemade drug is similar to that of heroin, but lasts for a shorter period. It is made from over-the-counter medica-

tions." Manetta Carrington, director for human resources, communication and client development at Verdun House, told Barbados TODAY: "There is a global

tions. In relation to the clients that we are noticing there is a younger client emerging", Carrington reportedly said.

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LEGAL ISSUES

Six Caribbean Countries

Eligible for US Visa Program

The United States Citizenship and Immigration Services (USCIS) says six Caribbean countries are among 63 countries worldwide that are eligible to participate in two visa programmes this year.

The H-2A and H-2B Visa programmes allow US employers to bring foreign nationals to the United States to fill temporary agricultural and non-agricultural jobs, respectively.

The USCIS identified the Caribbean countries eligible to participate in the visa programmes as

Generally, USCIS said it only approves H-2A and H-2B petitions for nationals of countries the Secretary of Homeland Security has designated as eligible to participate in the programmes.

USCIS also said it may approve H-2A and H-2B petitions for nationals of countries not on the list if it is determined to be in the interest of the United States.

Effective January 18, 2014, USCIS said nationals of the designated Caribbean countries are eligible to participate in the H-2A and H-2B Visa programmes.

It said the notice does not affect the status of beneficiaries who currently are in the United States in H-2A or H-2B status unless they apply to change or extend their status.

The USCIS said each country's designation is valid for one year from January 18, 2014.



RAMARLEY GRAHAM MEMORIAL

This year will mark the 2nd year since Ramarley Graham was murdered by a NYPD officer and in his honor there will be a memorial to commemorate his life. This will be held on Saturday, February 1, 2014 at 3:00-7:00 pm at Crawford Memorial United Methodist Church, 3751 White Plains Road in the Bronx.

Thank you for your continuous support and we look forward to seeing you.

Constance Malcolm & Franciot Graham

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NEWS IN BRIEF

ICC to Give the 'Big Three' More Control

DUBAI, UAE (CMC): The International Cricket Council (ICC) has agreed new principles giving more control over cricket's future to England, India, and Australia.

A new ICC executive committee of five members, including representatives from the "Big Three" nations, received unanimous support from the 16-man board.

The inclusion of a fifth from outside the "Big Three" could be interpreted as a concession since under the draft proposals, the executive committee was mooted to have only four members. Other key changes include a new two-tier system, which could give ICC associate members such as Ireland the chance to play Test cricket, while a special fund is being created to help keep the five-day game alive.

The Test Cricket Fund will be paid equally on an annual basis to all full members except the Board of Control for Cricket in India, Cricket Australia, and the England and Wales Cricket Board.

Also agreed to was an opportunity for all members to play all formats of cricket on merit, with participation based on meritocracy, no immunity for any country; and no change to membership status.

"This is an important time for world cricket and it is extremely encouraging that the ICC Board has unanimously supported a set of far-reaching principles that will underpin the long-term prosperity of the global game," said ICC president, Alan Isaac.

The eight full members will no longer be obliged to play each other regularly after the Future Tours Programme was scrapped in favour of bilateral agreements between nations to cover Test series between 2015 and 2023.

The ICC has also decided to scrap the World Test Championship, scheduled for England in 2017, and bring back the Champions Trophy one-day tournament in its place.

Jamaica to replace Gayle with Kenar Lewis for Super50

PORT-OF-SPAIN, Trinidad: Jamaica will be without captain and opening batsman Chris Gayle for the upcoming NAGICO Super50 Tournament. Gayle was injured during the West Indies tour of India late last year and has not recovered in time to participate in the upcoming 50-over event.

The Jamaica Cricket Association confirmed the change on Friday.

Experienced allrounder David Bernard will now lead the team. Left-arm spinner Nikita Miller is the new vice captain. Kenar Lewis, a strongly-built right-handed top-order batsman will replace Gayle in the 14-member squad. He made his nation debut in the 2011 WICB Regional Super50 tournament and also played in the WICB Caribbean T20 competition two years ago.

The NAGICO Super50 tournament will run from January 30 to February 15 and will be broadcast live on ESPN and on Caribbean Super Station radio. Matches at Queen's Park Oval will be day/night fixtures while matches at Shaw Park, Tobago will be day games.



David Bernard

Schafer Returns as Jamaican football coach

The 63-year-old German-born coach, Winfried Schafer is scheduled to arrive in the island on Wednesday to begin a four-year stint as head coach of Jamaica's senior men's team leading to the 2018 FIFA World Cup Finals in Russia.

Schafer who has coached in his homeland, as well as Africa, Asia and the Middle East, agreed to terms with the Captain Horace Burrell-led Jamaica Football Federation (JFF) in recent days, after mulling over a contract presented to him last December.

Captain Burrell confirmed that Schafer would be returning and that the deal was reached after "extensive negotiations" but he was not prepared to reveal much, only that "details would be announced at a later date".

Schafer joined the Reggae Boyz at the tail end of the failed Brazil 2014 World Cup campaign last August, after succeeding Theodore Whitmore, on a four-month contract which ran out on November 30.

Schafer wants to have all age-group teams playing under one philosophy, and that he could even ask to have direct control of the Under-23 team. It is also thought that it is Schafer's intention to have open dialogue and working relationships with all the National Premier League teams -- coaches, physical trainers and managers in an effort to better prepare local-based players.

The Reggae Boyz are expected to face 1998 World Cup winners France in a friendly international on June 8 at the Stade Pierre-Mauroy in Lille, France, and could be in action earlier, as the JFF is still in negotiations for other games, which could be finalised before long.



SCHAFER

Jamaican bobsleigh team still in need of funds for Sochi

Kingston, Jamaica WI: Despite the assurance of financial support from the Jamaica Olympic Association (JOA), the country's bobsleigh team remains in need of further funding in order to fulfill its dream of participating in the upcoming Winter Olympics in Sochi, Russia.

Chris Stokes, Chef de Mission for the delegation to the Winter Games, told RJR Sports that the team needed at least US\$100,000 more.

The JOA which has helped to fund the two-man team's qualification bid for Sochi, will also finance travel costs for the games. Stokes explained, however, that there were additional areas of expenditure that needed to be financed.

"We still have another three weeks of training before we go into the (Olympic) village; we still have a sled that we need to get up to a much higher level, which is going to be very expensive", he said.

Accordingly, he said, significantly more funds were required "to put us in a position to account for ourselves very well while we are in Sochi."

The Jamaican delegation to Sochi will include driver Winston Watts, brakeman, Marvin Dixon, alternate crew member, Wayne Blackwood and coach Thomas Samuel.

The Jamaican team's qualification for Sochi has stirred worldwide excitement, driven in part by the popularity of the movie, Cool Runnings, based partly on the experience of the first Jamaican bobsleigh team's participation in the 1998 Winter Olympics in Calgary.

That global popularity has resulted in various online funding efforts being launched to ensure the team's participation in Sochi.

The team members appeared at the Sundance Film Festival in Utah on Monday to promote their trip to Sochi.

According to an Associated Press report, Coach Wayne Thomas, speaking at Sundance, acknowledged the support that had already been received but added that more was needed."

Sweet deal for young footballer

Sixteen-year-old Leon Butler recently became the first football player in Jamaica and the region to earn an endorsement contract from major sporting goods company, Nike.

Butler inked a three-year deal with Nike which will see him don their apparel both on and off the pitch.

The deal comes on the heels of the player who came up through the Phoenix All Stars Football Academy ranks, signing to Dutch powerhouse Ajax.

"Nike has scouts all over the world and he (Leon) got into the Nike radar and then we did some investigations and started negotiations," Nike's regional director, Pedro Boyd, said a press conference in Jamaica. "We were interested in Leon because we knew he was talented and we got good reviews on him from our secret scouts."

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ENTERTAINMENT



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The Apollo Music Café will on Friday, Feb. 7 | 10 p.m. presents Alison

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expansive range reminds us all why we first fell in love with soul music.

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Support for Apollo Music Café is provided by the Ford Foundation Fund for Global Programs.

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AFRICAN CULTURE

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Tiken Jah Fakoly

Following in the footsteps of his musical mentor, Alpha Blondy, Tiken Jah Fakoly has established himself as one of the figure-heads of the new reggae scene in Africa.

Fusing his infectious reggae beat with hard-hitting lyrics, Fakoly has become a spokesperson for an entire generation of music fans, speaking out on political and social issues through his songs. His huge success in France, where he has sold over 100,000 albums has propelled him to currently be the Best selling African Reggae artist.

In the tradition of Bob Marley, Alpha Blondy and his African griot caste, Tiken Jah Fakoly emerged in the late '90s as Africa's premier social critic through reggae. Born Doumbia Moussa Fakoly (June 23, 1968) into a family of musicians and oral historians known as griots, a role honored throughout Africa, Fakoly took an earnest interest in reggae as a boy growing up in the town of Odienné on the northern slope of the Ivory Coast.

He formed his first group in 1987, giving them the name "Djelys", another word for the griots and minstrels. Taking on the mantle of a history keeper, Fakoly wrote lyrics that documented events of his times and the oppression of his people. He was quickly known regionally, and soon his music and reputation stretched across the nation and even beyond its borders. His song recounting the death of Félix



TIKEN JAH

Houphouët-Boigny elevated him to popularity among African youth. Soon expatriates introduced his music to African listeners abroad, particularly French audiences.

Tiken Jah Fakoly plays music "to wake up the consciences". His music speaks about many injustices done to the people of his country, and those over Africa. As such, many African listeners feel a deep affinity with his lyrics as Fakoly speaks for oppressed people.

This connection has helped make Tiken Jah Fakoly a much-listened artist throughout the world.

Despite being a reggae singer and having a deep respect for Rastafarian culture, Tiken Jah came from a Islamic family and is still a practicing Muslim today. His family Although he participates in smoking Marijuana he does not encourage or promote it.

Shaggy & Friends Raise J\$70M for Bustamante Hospital

Kingston, Jamaica WI

The Shaggy & Friends concert put on by International Reggae Grammy artiste Orville "Shaggy" Burrell raised \$70 million for the Bustamante Hospital for Children in St Andrew, Jamaica.

The concert which saw performances from several Jamaican and international artists was held on January 4 the lawn of Jamaica House and attracts some 10,000 patrons.

Private donors included New York City-based philanthropist and renowned Radio Personality David "Squeeze" Annakie who gave J\$1 million, and athlete Yohan Blake, who also pledged J\$1 million.

Other donations included US\$20,500 from Food For the Poor as well as J\$389,200 via the Digicel Text line.

Corporate donations included J\$3.75 Million from SportsMax and Jamaica National Building Society, which handed over US\$8,110 after a pledge to donate US\$1 from the proceeds of each money transfer from the United States to Jamaica between January 2 to 15.



Orville "Shaggy" Burrell

The Bustamante Children's Hospital is the only one of its kind in the entire English speaking Caribbean. Over the

years it has been lacking in basic medical equipment however through the "Make A Difference Foundation" It has been able to get some of the well needed equipment and supplies. Each year the tagline for the annual Shaggy and Friends show is "I dare you."

Caribbean Fine Art Fair – Barbados for March 12-16

Renowned American artist and cultural entrepreneur Danny Simmons will host the 4th Edition of Caribbean Fine Art (CaFA) Fair – Barbados to be held March 12-16, 2014 at the exciting venue in the heart of historic Bridgetown, Barbados - the Spirit Bond Building.

CaFA Fair opens on Wednesday, March 12, 6-9 pm with a Gala Reception featuring a live musical performance, a preview of "Four Bajan Masters" a special exhibition featuring works of art by celebrated Barbadian artists Fielding Babb, Timothy Callender, Clifford Hobbs and Carlton Murrell; and over 35 exhibitors of paintings, sculpture, photography, drawings, original limited edition prints and new media exploring the cultural traditions



Danny Simmons

of the Caribbean and the African Diaspora.

Another feature of CaFA Fair Barbados 2014 will be "Diaspora Dialogue" an exhibition of works by artists Gabe Diouf – Senegal, JW Ford – USA, Anthony Romaine – USA,



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POLITICAL AFFAIRS

Do Nothing and Blame the Republicans

You should know that here in Albany, the Capital of the State of New York, where laws for the state are debated and approved, you will find some elected officials who are doing nothing to protect our poor and needy communities and instead blame the Republicans for their inaction and lack of courage to stand for what they promised their constituents during election time.

You should know that in the Democratic Party in the Capital of the State of New York, we have a Democratic Governor, a Democratic Attorney General, a Democratic Comptroller, a Democratic Assembly, and we Democrats have thirty-three (33) out of 63 in the New York State Senate.


Therefore, we have enough control and votes to approve anything we want including the allocation of 25 million dollars (\$25,000,000) for the "Dream Act" within the 140 billion dollars that the Governor is proposing in the New York State Budget.

Then you might ask, why is that for the past three years we have not done it? Because there are some members of the Legislature that say one thing back in the City and to the Hispanic media and then say and do something quite different when they return to Albany, or when the Governor calls them.

I was surprised and amazed, to read an article in the New York Daily News, written by Mr. Kenneth Lovett titled: "Decision time." This article was published on Monday, January 27, 2014 and it depicted how political tensions about the push to pass a bill to create a State Dream

WHAT
YOU
SHOULD

KNOW
*Senator Rev.
Rubén Díaz*



Act authorizing State financial assistance to college kids." Mr. Lovett continues stating that "Several Legislative Democrats and Dream Act advocates said Senator Michael Gianaris...fears the issue could harm Democratic chances to get re-elected."

There are also rumors that Governor Cuomo called Assembly members Felix Ortiz, Francisco Moya and others to his office and some of them joined the Governor by stating that "maybe it will be better for us to wait a little bit because the Republicans will not allow the vote to come to the floor."

You should know that the Republicans never wanted to bring the gay marriage vote to the floor, it was because of Governor Cuomo and the Democrats' pressure that forced the hands of the Republicans against their will and as you know gay marriage was voted and approved in New York State.

You should also know that the Republicans never wanted to bring to the floor "The SAFE Act legislation but the Governor and the Democrats one more time forced their hands and the SAFE Act was approved in New York State.

By writing this column, it is my intention to let you know that when we

Democrats really want to do something, we do not need the Republicans because we have the votes, the unions, the Assembly, the press and the majority of Senators in the Senate.

It is my intention to let you, my dear readers know, that there is no reason why our community has to be waiting for three years to include 25 million dollars in New York State's budget and create the "Dream Act." We don't have to blame the Republicans, we just have to be honest with our immigrant community and tell them if we really want it or not.

The Governor and my colleagues should put the same efforts, energy and desire that they put into passing gay marriage and the SAFE Act and once and for all stop the gimmick of blaming the Republicans and admit their lack of action.

-Ruben Diaz <diaz@nysenate.gov>



MTA Must be
Accountable

Dear Editor:

In response to community concerns about the newly implemented B44 Select Bus Service, I have started a petition urging the MTA to respond to riders' complaints, work with community residents to reassess the service, and implement any necessary changes to both the local and select B44 bus lines.

Will you take 30 seconds to sign it at the following online link:
<http://www.change.org/petitions/mta-new-york-city-transit-be-accountable-to-your-riders-and-reassess-the-b44-select-bus-service-in-brooklyn-ny>

Please spread the word! Together, we can send a message to the MTA that it is time to take action. Thank you for helping to make a difference!

Sincerely,
L. Rickie Tulloch



Councilman
Cornegy to Chair
Committee on
Small Business

Brooklyn:

The New York City Council has selected Council Member Robert E. Cornegy, Jr. to chair its Committee on Small Business. As chair, Council Member Cornegy will lead the Council in considering legislation concerning the city's regulation and assistance of traditional small businesses, and those in emerging industries, as well as overseeing the many municipal decisions impacting business improvement districts and industrial and business zones.

The Committee on Small Business was previously chaired by former Councilmember Diana Reyna, who now serves as Brooklyn's Deputy Borough President. The Council's vote to select Council Member Cornegy as Chair was unanimous.

Council Member Cornegy selection was advanced by the City Council's Speaker, Melissa Mark-Viverito. "I am grateful for Speaker Mark-Viverito's vote of confidence," said Cornegy. "She understands that the selection of committee chairs is key to ensuring that the Council's important work of legislating, budgeting and providing oversight to city agencies is accomplished with rigor. I interacted with the Speaker as she mulled over these leadership decisions and am convinced that the selection process was fair and deliberate."

Council Member Cornegy also celebrated receiving his first choice of Committee assignments, noting that the Committee on Small Business' focus aligns closely with his priorities for his first term in the City Council. "In my inauguration speech, I emphasized my commitment to tackling the disproportionate unemployment and underemployment that plagues central Brooklyn," said Cornegy.

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Dr. Martin Luther King, Jr. Day January 20

Brooklyn Borough President Eric L. Adam (3rd l) poses with members of the New York City School Safety Division including (5th l) Lt Gaby Celiba, CO, Community Out Reach Unit on the occasion of the 28th celebration of Dr. Martin Luther King, Jr. Day held at the Thomas Jefferson High School, Brooklyn.

PHOTOS BY
DIVINE DIVA



ECONOMIC FORUM: (l-r) Junior-Jawara Blake, CEO Vegan's Delight; Herbert Oliver and Hugh Hamlington speaking at the Dr. Martin Luther King, Jr brunch and economic forum held in Mount Vernon. The event was organised by Vegan's Delight.



FORUM: (l-r) Michel M Clarke, Brownsville Community Development Corporation and event organisers/co-founders of Friends of Wingate Parke, Shawn Clarke and Vivia Morgan at the Thomas Jefferson High School, Brooklyn.



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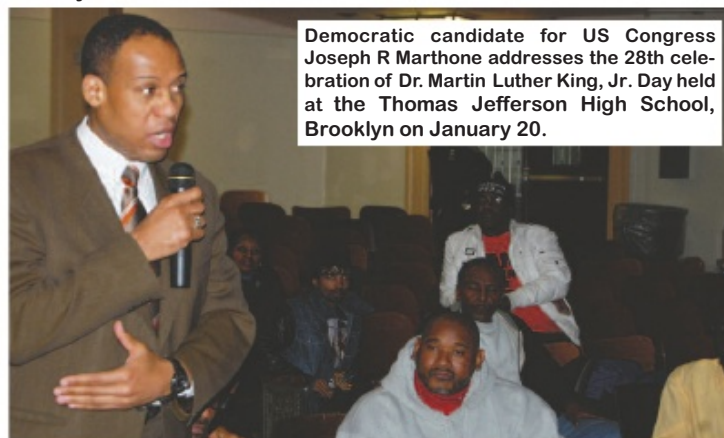
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CIVIL RIGHT TALK: (l-r) Shirley Irons, freelance journalist; Clinton 'Dr Luv' Wallace, Jamaica Association of Vintage Artists and Affiliates, president and Divine Diva, radio personality at the Thomas Jefferson High School, Brooklyn.



Democratic candidate for US Congress Joseph R Marthone addresses the 28th celebration of Dr. Martin Luther King, Jr. Day held at the Thomas Jefferson High School, Brooklyn on January 20.

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New York City Attorney Receives Outstanding Young Lawyer Award

ALBANY, readMedia: Muhammad Usman Faridi, a Manhattan attorney who has combined his passion for human rights with a successful legal career, has been awarded the State Bar Association's Outstanding Young Lawyer Award for 2014.

The award, presented by the association's Young Lawyers Section, honors attorneys in practice for fewer than 10 years who have demonstrated outstanding service to both the community and the legal profession.

Faridi, an associate at Patterson Belknap Webb & Tyler, received the award on January 29 during the Bar Association's Annual Meeting in New York City.

"Muhammad is an outstanding lawyer with an unwavering commitment to human rights and the rule of law," said Lisa R. Schoenfeld of Garden City (Schlissel Ostrow Karabatos), chair of the Young Lawyers Section. "To have achieved so much at such a young age is a testament to his dedication, drive and passion. This award is well deserved."

Faridi is a member of his firm's litigation practice. In the past five years, he has spent hundreds of hours helping pro bono clients through the firm's outreach efforts. He also regularly donates his time to sharing his expertise in human rights issues, particularly capital punishment matters, with local high school students.

"Muhammad possesses a rare combination of intellect, curiosity, drive, determination, motivation and compassion," said Lisa E. Cleary, a partner at Patterson Belknap and chair of the firm's Pro Bono Committee.

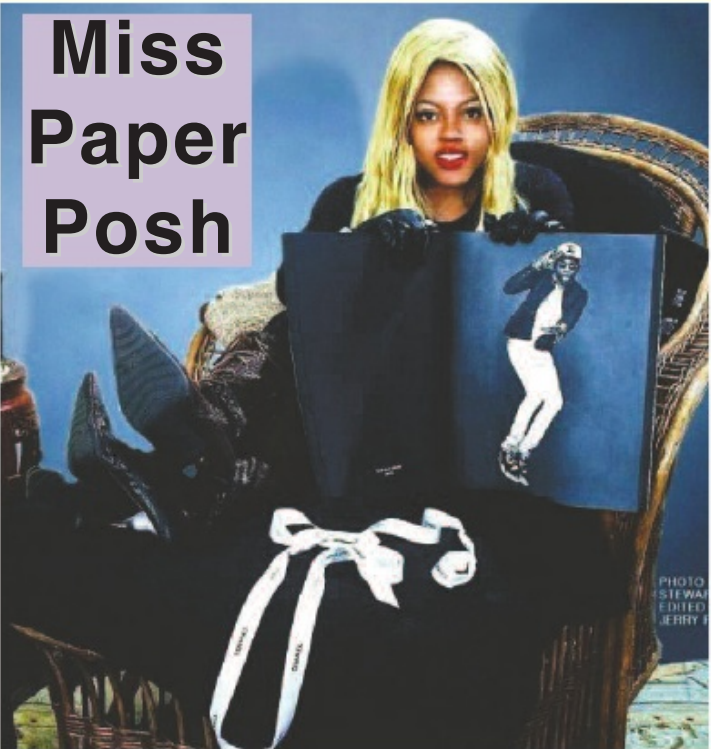


Muhammad Usman Faridi

Faridi grew up in Bharth, a small village in northeastern Pakistan, and immigrated to Brighton Beach in Brooklyn when he was in seventh grade. He worked 30 hours a week while learning English and attending high school in Brooklyn.

While attending college and working as a cab driver in 2001, Faridi had a fortuitous encounter with former Irish President Mary Robinson, a passenger in his cab. Faridi and Robinson, then the United Nations High Commissioner for Human Rights, began discussing Faridi's passion for human rights, and Robinson encouraged him to go to law school.

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THE MATH CLUB NEWS

**10th
ANNIVERSARY**

Math Club Winners 2014



JEFREY BLAKE
President, The Math Club Inc

The Math Club, Inc. is celebrating its tenth year of existence, and has just completed another exciting Dr. Martin Luther King Jr. Math Competition on Saturday, January 18, 2014.

We are very grateful for all the students, teachers, parents, sponsors and volunteers who turned up to witness this historic event. The event started on time and every aspect

of the day's event flowed smoothly, with the exception of the delivery of lunch, which arrived thirty minutes late.

This is the first year we did not announce the winners' names and placements in their grade categories. We announced the names that are in the top ten in each grade, but no student knows their placement. This was done deliberately to encourage everyone to show up for the award ceremony.

From this point the efforts of The Math Club to ensure that the competition is successful will step up a notch. Letters will be sent to New York City Mayor and the Bronx Borough President with the names of students and teachers who will receive certificates. We will place orders for trophies for all students who placed in the top ten in each grade. The top student in each grade will receive a laptop computer as part of their prize.

The Kingston College Old Boys Association pledges to make a cash presentation to the boy with the highest score. The MICO Past Student Association is also contemplating making a presentation to the girl with the highest score. A parent, Ms. Vilma Nelson, pledges to donate a prize that will be raffled to a student who attends the award ceremony.

THE AWARD CEREMONY WILL BE ON SATURDAY, MARCH 8, 2014. THE VENUE WILL BE RICHARD R. GREEN CAMPUS. THE EVENT WILL BEGIN AT 11:00 PM AND ENDS AT 2:00 PM.

THE MATH CLUB INC DIRECTORS

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Math Club reaches out to the community

By Sheron Hamilton-Pearson
Freelance Writer

The Math Club Inc, a Bronx based non-profit organization held its tenth Math Competition on Saturday (January 18) at the Richard Green Campus. Although the number of entrants was slightly down on previous competitions perhaps as a result of more stringent registration criteria; schools from all Boroughs except Staten Island were represented in the 6th, 7th and 8th grade students who turned up with the hopes of taking top honors.

The Math Competition - brainchild of Jeff Blake, Army Chief Warrant Officer 3 and former coach of the Bronx Soccer League has grown from strength to strength and this year heeded suggestions for improvement, especially in terms of a timely start; but perhaps the most significant improvement was the interactive session spearheaded by St. Hilda's & St. Hughes Math Department Director and teacher,

Mr. Paulsson Ramjaram, who gave a very comprehensive breakdown on a major shift in the way math in particular is taught in New York City public schools.

Known as The Common Core State Standards Initiative - this is a radical change in the way that children from kindergarten to Grade 12 are taught Math, English and Science subjects. Borne out of the failure of American students in comparison with the rest of the world, the major shift in the way STEM (Science, Technology, English and Math) subjects are taught is not new to parents who attended school in the Caribbean, Africa or India.

The standards are a clear and concise blueprint to ensure that parents, teachers, and students have a clear understanding of the expectations in levels of achievement for reading, writing, speaking and listening, language and mathematics in school.

It is hoped that this new set of standards will also level the playing fields in that children from hardscrabble inner city areas will

now be taught using the same skills and tools available to those children in more affluent suburban areas.

Whether this aspiration will bear fruit remains to be seen, especially with the particular challenges of overcrowding that many inner city schools face. The very poor pass marks for the first tests under the Common Core State Standards in 2013 showed that schools were failing their students in alarming numbers.

Mr. Paulsson gave a precise and easily understandable summary of the new theory now operating in New York State schools which came about partially in response to the very low test scores and the college readiness of American students.

In addition, the world ranking for American students had fallen to record lows in comparison with the rest of the world.

THE MATH CLUB, JAMAICA

The Math Club in Jamaica is operating in a building that is occupied by the Seaview Gardens Early Childhood Learning Center. The building, which is owned by the Ministry of Education, is in need of dire repairs to the structure and also its utilities.

However, the school and the math club is making do with whatever little resources that is available. There is one critical area that the math club needs the help of everyone.

The building has no electricity for over thirty years and we are using a power generator to supply power for lights, television and computers. There are eight computers in the building which the math club will use for its computer lab. This lab will benefit all children in Seaview Gardens.

The Math Club opened an internet account with FLOW in August 2013. Flow has decided that they will not install their equipment until the math club open an electricity account with Jamaica Public Service (JPS), or get an electrician to verify that the generator is safe for their equipment.



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BEAUTY CARE

Tips for Healthy Skin

Don't have time for intensive skin care? Pamper yourself with the basics. Good skin care and healthy lifestyle choices can help delay the natural aging process and prevent various skin problems. Get started with these five no-nonsense tips.

1. Protect yourself from the sun

One of the most important ways to take care of your skin is to protect it from the sun. A lifetime of sun exposure can cause wrinkles, age spots and other skin problems — as well as increase the risk of skin cancer.

For the most complete sun protection:

- Use sunscreen. Use a broad-spectrum sunscreen with an SPF of at least 15. When you're outdoors, reapply sunscreen every two hours — or more often if you're swimming or perspiring.
- Seek shade. Avoid the sun between 10 a.m. and 4 p.m., when the sun's rays are strongest.
- Wear protective clothing. Cover your skin with tightly woven long-sleeved shirts, long pants and wide-brimmed hats. Also consider laundry additives, which give clothing an additional layer of ultraviolet protection for a certain number of washings, or special sun-protective clothing — which is specifically designed to block ultraviolet rays.

2. Don't smoke

Smoking makes your skin look older and contributes to wrinkles. Smoking narrows the tiny blood vessels in the outermost layers of skin, which decreases blood flow. This depletes the skin of oxygen and nutrients that are important to skin health. Smoking also damages collagen and elastin — the fibers that give your skin its strength and elasticity. In addition, the repetitive facial expressions you make when smoking — such as pursing your lips when inhaling and squinting your eyes to keep out smoke — can contribute to wrinkles.



If you smoke, the best way to protect your skin is to quit. Ask your doctor for tips or

treatments to help you stop smoking.

3. Treat your skin gently

Daily cleansing and shaving can take a toll on your skin. To keep it gentle:

- Limit bath time. Hot water and long showers or baths remove oils from your skin. Limit your bath or shower time, and use warm — rather than hot — water.
- Avoid strong soaps. Strong soaps and detergents can strip oil from your skin. Instead, choose mild cleansers.
- Shave carefully. To protect and lubricate your skin, apply shaving cream, lotion or gel before shaving. For the closest shave, use a clean, sharp razor. Shave in the direction the hair grows, not against it.

•Pat dry. After washing or bathing, gently pat your skin dry with a towel, and let some moisture remain on your skin.

•Moisturize dry skin. If your skin is dry, use a moisturizer that fits your skin type. For daily use, consider a moisturizer that contains SPF.

4. Eat a healthy diet

A healthy diet can help you look and feel your best. Eat plenty of fruits, vegetables, whole grains and lean proteins. The association between diet and acne isn't clear — but some research suggests that a diet rich in vitamin C and low in unhealthy fats and processed or refined carbohydrates might promote younger looking skin.

5. Manage stress

Uncontrolled stress can make your skin more sensitive and trigger acne breakouts and other skin problems. To encourage healthy skin — and a healthy state of mind — take steps to manage your stress. Set reasonable limits, scale back your to-do list and

make time to do the things you enjoy. The results might be more dramatic than you expect.



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Tax Forum

Tax planning for a better refund?

Tax season approaches and for some we have already planned how to spend our refund, while others may be dreading this required task.

"I never get a big refund, or I always owe" some may say! Did you ever ask why? Did you get a response that you truly understand? If this is you, than I have a question for you.

Have you received any tax planning to help you to get a better refund? How about you finally get your "Tax Life"! Just get it! "My Crazy Tax World" is a blog about educating you on how to handle your income tax preparation.

As a student in undergrad studying accounting, I said I never wanted to do two things, Payroll and Taxes, but here I am educating and preparing income taxes.

Hence the name "My Crazy Tax World", because it's so crazy that something I said I would never do, has become very much a part of my life.

Over the past 11 years I have worked in several large and small tax firms and even ran my own Tax practice, but this year not only will I be preparing taxes, but I will also be studying to become a enrolled agent.

An enrolled agent is a person who has earned the privilege of representing taxpayers before the Internal Revenue

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with

Monica Ward

<monicayward@gmail.com>



Service by either passing a three-part comprehensive IRS test covering individual and business tax returns, or through experience as a former IRS employee. Enrolled agent status is the highest credential the IRS awards.

Individuals who obtain this elite status must adhere to ethical standards and complete 72 hours of continuing education courses every three years (irs.gov)

This Blog will be of great benefit to small business owners, even other Bloggers who need help navigating there way through the tax process.

My Blog will help with how to be prepared to file your income tax returns. How to save money while having your taxes prepared. Did you know that you can file your taxes for free?

Did you know that you can qualify to have free advice? Did you? Well it's time you get your "Tax Life" Get it now, stay

tuned here and my blog (website coming soon).

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Submit your questions to monicayward@gmail.com put "I want my Tax Life" in the subject line.



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Five Types of Women to Avoid

It's not always the girls choice in choosing a boy, even boys have certain parameters to choose a girl. Not all types of girls attract boys, there are certain types of girls that a boy usually avoids. Read on to know five types of women that a man avoid.

- 1. Over Smart Ladies:** Men do like women who have the courage to say what they feel but they tend to avoid those women who are over smart. Women who try to outshine men with their verbal wits often frustrate a man.
- 2. Extravagant Ladies:** Another type of women that men try to avoid are those who try to make the men spend lofty amounts on dates. Men simply hate extravagant women for many reasons.
- 3. Judgmental Ladies:** Men also try to avoid women who think they are always right.



In other words, men avoid judgmental ladies who are always ready to judge a person according to their own point of views.

- 4. Psycho Ladies:** Another type of women that men always avoid are psycho women. Which man would like to love a woman who is a psyche? No man wants a lady who is always too emotional about herself, her family or her business. They feel these women are too obsessed with other things.
- 5. Rebound Ladies:** Men like women who do naughty things but they get irritated when the limit goes off and this is the case with rebound ladies. These ladies try to bully men in every possible way that makes men avoid them.

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BY DIVINE DIVA



Involved with three men!

Q: I am involved with three men, and I am having a difficult time making a decision about which one I want to be with. Can you please help me? Signed, Torn between three lovers.

The first man's name is Ian. He is financially secure, but he makes his money importing drugs.

Most people consider him to be a thug, and many fear him because of certain connections that he has. Ian spends a lot of money on me and takes me to nice places and on really nice vacations. However, he is very jealous and can be disrespectful at times. The sex is very good, whenever he is in the mood.

The second man's name is Anthony. He is a professional man; he has a master's degree and is definitely going places. Anthony likes going to the theatre, the museum, concert, and fine-dining but does not like to party (I like to party). He is very romantic, but when it comes to sex, on a scale of 1, to 10, he may be a 5 on his best night.

The third man is John. He is not college-educated, but he has a job, his own apartment and a nice car.

However, I don't think that based on his salary, he will be able to afford to take me to the places that I have become accustomed to going. I may be a little embarrassed to take him to certain functions where my friends and co-workers will be because he is not very polished.

However, he loves to party, he is very romantic, and the sex is G-R-E-A-T.

A: I think you need to weigh your pros and cons with each of these men separately. Then, decide what is most important to you. It appears to me that you are looking for what someone can offer you, as oppose to what you can do for yourself.

However, if this is not the case, and you are genuinely looking for someone to share your life with and someone who has morals, values, and the same lifestyle as you, then go for the one who treats you well and makes you feel special. Warning: Do not base the relationship on just "great sex," which appears to be very important to you.

Please send questions and comments to Divine Diva • divinestreethype@gmail.com



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HOROSCOPE

ARIES (Mar. 21 – Apr. 19): You easily resist the urge to go your own way or ignore those in need but you may find that your own needs start to become harder to ignore by the end of the day. There's nothing wrong with that.

TAURUS (Apr. 20 – May 20): If you want to re-commit yourself to eating right or exercising regularly (and that's a great idea), you should find a buddy. It's always easier to keep it up when someone else is watching out for you.

GEMINI (May 21 – Jun. 20): You're having tons of fun and finding new ways to enjoy yourself so make sure that you're spreading that good energy around. It doesn't diminish your own good time, and sets you up for good karma.

CANCER (Jun. 21 – Jul. 22): It's time to become more active things are pretty tough for you, but that doesn't mean that you can't find a few new ways to have fun or to get past this current batch of problems.

LEO (Jul. 23 – Aug. 22): You can't quite take care of all your needs today, so reach out to the one person you know who can. Things are looking up, but you have to get past this weird patch before you can really take off.

VIRGO (Aug. 23 – Sept. 22): It's far too easy to sweat the small stuff today so try to get some perspective. The little details that aren't lining up don't matter all that much in the long run, so do what you can to accept imperfection.

LIBRA (Sept. 23 – Oct. 22): Get out in the world and soak up some artistic or natural beauty. You need inspiration, but fortunately it's easy enough to come by. Just a quick walk down the street could fill you up.

SCORPIO (Oct. 23 – Nov. 21): You should be finding a certain work or personal situation easing up today so much so that it makes you suspicious! It's legit, though, so try to just let it happen and move on to the next big thing.

SAGITTARIUS (Nov. 22 – Dec. 21): The best thing you can do today is speak out your energy is strong, but you're more likely to win support by explaining than by pressuring. Keep the peace and all should go well for you.

CAPRICORN (Dec. 22 – Jan. 19): You need to expose yourself to some culture today otherwise, things are sure to get weird. Your energy has been too focused on work or other serious business, and that has to change.

AQUARIUS (Jan. 20 – Feb. 18): Your big brain is always a potent force of nature and today, it's firing off great ideas at a rapid clip. You can also dive deep into an issue that has been bothering you quite a bit lately.

PISCES (Feb. 19 – Mar. 20): Forgive and forget. It's time for you to let someone off the hook, possibly for a debt but maybe for something much more intense. Your energy is perfect for letting go and moving on.

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HEALTH & NUTRITION

How to Control Alcohol Cravings

1. Avoid places or activities you associate with drinking. Even if you don't plan to drink or don't want to drink, you are much more likely to drink if you hang out at bars or spend time with people you used to drink with. When your body is used to alcohol, it associates certain behaviors with drinking, so avoid those triggers.

2. Start a new hobby to teach yourself new habits. Go to the gym, play chess or go to the movies. You can retrain your body to ignore your alcohol cravings and learn new things.

3. Eat healthy and take care of your body. Exercise, take a multivitamin and get plenty of rest. Good physical health can lead to good mental health.

4. Distract yourself when alcohol cravings strike. Read a book, play video games or surf the Internet. Lie down and put on head-

phones with immersing music and try to think about anything other than alcohol.

5. Join a support group like Alcoholics Anonymous to discuss your cravings with other sufferers. These groups help you learn about alcoholism and alcohol cravings, and how to cope with them. They are also a great way to meet people fighting the same battle as you.

6. Seek professional medical help and ask for a prescription to help control your alcohol cravings. Medications like Antabuse and Revia can help if your doctor determines that you are a candidate for them.

7. Talk to your family and friends about your problems. Surrounding yourself with people who encourage your sober living can also help control the cravings.

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Eat your fruits and vegetables?

NutriCare

By **GLORIA BENT**, MS, RD, CDN
Nutritionist

Questions & Comments:
Gloria.Bent@gmail.com

Why should we eat fruits and vegetables?

- o They are healthy!
- o They have fiber which can prevent certain cancers
- o They have nutrients and vitamins which are important for energy
- o Eating fruits and vegetables can help you control your weight

What fruits and veggies can we eat?

- o Red – Tomato, red peppers, strawberries, apples, watermelons, onions
- o Green – Lettuce, spinach, broccoli, grapes, pears, cabbage, beans
- o Yellow – Banana, squash, zucchini, yellow peppers, corn, mangoes
- o Orange – Oranges, carrots, sweet potatoes, cantaloupes, papaya
- o Purple – eggplant, grapes, plums, blueberries, kidney beans
- o White – potatoes, garlic, onions

How can we use these fruits and veggies?

- o Breakfast – add fruits to your cereals – bananas, strawberries, berries
- o Remember to cut back on the amount of cereal to make room for the fruit

o Substitute one egg or half the cheese with veggies –onions, spinach, mushrooms

o Lunch–Take out half the meat and cheese in your sandwich and replace them with lettuce, tomatoes, cucumbers, onions, or other veggies

o In place of some of the meat or noodles, add a cup of chopped veggies to your soup

o Dinner –Add a cup of chopped veggies, and take out a cup of rice or pasta from your favorite dish

o Make sure most of the food on your plate is from veggies, not meat, not rice, not pasta

o Snacks! – An apple, a banana, a few carrots, broccoli, peppers, berries, nuts, yogurt

o Instead of going to the vending machine, bring fruits and veggies from home for a snack

Tips and tricks

- o Eat them raw or steam, bake, or cook with herbs – but DO NOT FRY!
- o Avoid high fat dressings or sauces
- o Canned or frozen are good options, but stay away from additives like sugar, syrup
- o Choose whole fruits over juices, and dried fruits

Things to remember:

1. Choose your portion size wisely
2. Remember to substitute, not add to keep amount of food same, and to lower calories
3. Be creative – try something new and healthy – if you like it stick with it!

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Business cards are a simple and cost-effective advertising idea you can use to help spread the word about your business. Your business card can contain more than just your contact information, too. Print your business cards, and hand them out everywhere you go.

Gift Certificates

Gift certificates are another advertising idea you can use to entice customers to buy your product or service. If you own a retail store, offer gift certificates at the point of purchase, which means you should position them near your check-out points to help advertise them.

Online Ads

Online ads are another idea you can use to advertise your business. Contact several websites which you feel align with your product or service, and ask them if you can place a small text or graphical advertisement on their site for a monthly fee.

YouTube Channel

YouTube allows you to create a free "channel" that can help you advertise your business. Sign up for a free account, then use your channel to communicate information about your business and post videos related to your company.

Door-to-Door

Door-to-door is another way to advertising your business and can be especially effective for local food or service business. Hire a graphic designer or copywriter to help you

develop an attractive door hanger that includes a money-saving offer for your product or service, then go door-to-door in your local neighborhoods to drop off your door hangers.

Print Ads

Print advertisements include media like newspapers, magazines and trade publications. Pick several of these print publications that align closely with your business, and then inquire about advertising rates. Develop an ad to feature in the print publication, and keep track of how many responses you get directly from the ad.

Direct Mail

Direct mail is slightly different from a print ad because it's an advertisement you send directly to potential customers. Send your mailing, which can be a letter, postcard or brochure, with an offer to these customers.

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The new express service barrels into town with an unbelievably attractive offer on orders in excess of \$50: free shipping for two weeks only, Sunday February 9 - Saturday February 22, 2014.

This gives romantics ample time to impress loved ones in Jamaica with a Valentine's Day belly full. "We devised a convenient, reliable and safe service for Jamaicans in the USA, Canada, the UK or

anywhere else in the world to order and ship groceries to loved ones back home," says Andrew Morris, president of Sam's



**Andrew Morris, president
Sam's Caribbean Marketplace**

Caribbean Marketplace, the parent company of Sam's Bread and Butter Express.

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Morris emphasizes that countless numbers of customers have clamored for this service during his many years at the helm of Sam's Caribbean. "A lot of people support aging and home-bound relatives or children back in Jamaica. For them this is a blessing, as one grateful customer described our door-to-door delivery service."

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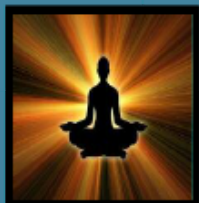
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